

| Variable | Mean | SD | Min | Max |
|-----------------------|------|------|------|------|
| Age | 38.5 | 10.5 | 25 | 55 |
| Gender | 0.5 | 0.5 | 0 | 1 |
| Marital Status | 0.5 | 0.5 | 0 | 1 |
| Education | 12.5 | 1.5 | 10 | 15 |
| Income | 3500 | 1500 | 1000 | 6000 |
| Health Status | 0.5 | 0.5 | 0 | 1 |
| Exercise Frequency | 2.5 | 1.5 | 0 | 5 |
| Stress Level | 4.5 | 1.5 | 1 | 7 |
| Sleep Quality | 3.5 | 1.5 | 1 | 6 |
| Dietary Habits | 2.5 | 1.5 | 0 | 5 |
| Work-Life Balance | 3.5 | 1.5 | 1 | 6 |
| Family Support | 4.5 | 1.5 | 1 | 7 |
| Community Involvement | 2.5 | 1.5 | 0 | 5 |
| Personal Growth | 3.5 | 1.5 | 1 | 6 |
| Life Satisfaction | 5.5 | 1.5 | 3 | 7 |
| Overall Well-being | 4.5 | 1.5 | 2 | 7 |

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